be well with Big Y™ — July Virtual Nutrition Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Presentation Support Group Hands-On Kid Activity Cooking Demo Virtual Store Tour Movement Demonstration	*Learn something new with our* ***FREE Virtual Nutrition Events!*** *Led by registered dietitians, we offer fun & educational events for the whole family.* ***For full event descriptions & to register, Scan this QR Code or bigy.com/be-well/virtual-nutrition-offerings***					1
2	3 **Bean Me Up** 6:30-7:30 PM	4	5 **Living with Diabetes** 9:00-10:00 AM **Nutrition Jeopardy** 12:00 - 1:00 PM	6 **Maintaining Healthy Habits on Vacation** 4:00-5:00 PM **Gluten-Free Living** 6:30-7:30 PM	7 **Exploring Exotic Produce** 10:00-11:00 AM **Gluten-Free Living** 11:00 AM-12:00 PM **Lunch & Learn: All About Corn** 12:00-12:30 PM	8
9	10 **Bean Me Up** 12:00-1:00 PM **Lupus & Autoimmune: The Nutrition Connection** 7:30-8:30 PM	11 **Healthy Dining Out** 11:00 AM-12:00 PM & 5:30-6:30 PM	12 **Kids Get Cooking Squeeze Freeze Ice Cream** 11:00 AM-12:00 PM & 6:00-7:00 PM **Shopping for Health** 12:00-1:00 PM	13 **Eating Behavior Management Series** 4:00-5:00 PM **It's Salsa Time!** 6:30-7:30 PM	14 **Lunch & Learn: All About Grapes** 12:00-12:30 PM	15
16	17 **I Scream, You Scream, We All Scream for Ice Cream** 12:00-1:00 PM	18 **Understanding the DASH Diet** 9:00-10:00 AM **Eating Behavior Management Series** 6:30-7:30 PM	19 **Kids Get Cooking Mealtime Minis with Mac & Cheese Bites** 11:00 AM-12:00 PM & 6:00-7:00 PM **Living with Diabetes** 6:30-7:30 PM	20 **Melon Magic** 6:30-7:30 PM	21 **Melon Magic** 10:00-11:00 AM **Lunch & Learn: All About Eggplant** 12:00-12:30 PM	22
23	24 **Shopping for Health** 6:30-7:30 PM	25 **Let's Get Cooking: Make Your Own Salad Dressing** 11:00 AM-12:00 PM & 5:30-6:30 PM **Understanding the DASH Diet** 6:30-7:30 PM	26 **Kids Get Cooking Mastering Measuring with Zucchini Muffins** 11:00 AM-12:00 PM & 6:00-7:00 PM **Lunch & Learn: All About Figs** 12:00-12:30 PM	27 **Let's Get Cooking: Charcuterie for Every Palate** 6:30-7:30 PM	28 **Let's Get Cooking: Charcuterie for Every Palate** 10:00-11:00 AM	29 **Let's Get Cooking: Celebrating Bean and Corn Month** 12:00-1:00 PM
30	31 **I Scream, You Scream, We All Scream for Ice Cream** 6:30-7:30 PM					